



Friendship Heights



Follies

page 3

# VILLAGE NEWS

APRIL 2011

301-656-2797

VOLUME 25, NO. 11

## Look who's turning 25!

Join your friends, family and neighbors as Friendship Heights celebrates Community Day at the Village Center on **Wednesday, April 13, from 6:30 to 8 p.m.** During this year's celebration of the 25<sup>th</sup> anniversary of the opening of the Village Center, Famous Dave's will provide two types of delicious barbeque — chicken and beef— with all the fixin's. In addition, the Good Time Trio will entertain with swing and Dixieland tunes.

Each year, Friendship Heights recognizes the anniversary of the official opening of the Village Center. Since its opening on April 13, 1986, the Center has become the heart of our community— a place where residents can come together for lectures, concerts, movies, classes, teas and other special events. *A limited number of tables will be available for those who are unable to stand in line. They will be served after those in the buffet lines.*

## Cokie and Steve Roberts share their special approach to Passover

Bestselling authors and journalists Cokie and Steve Roberts will discuss their book, *Our Haggadah: Uniting Traditions for Interfaith Families*, and share their Passover traditions at the Village Center on **Thursday, April 14, at 7:30 p.m.**

When Cokie and Steve Roberts met in college, they found common ground in their shared values, despite their different religious beliefs— she is Catholic, he is Jewish. After they married, they began hosting a Passover Seder that has evolved, over 45 years, from a small family gathering into a Washington tradition.

Based on the time-honored Haggadah—the text read throughout the evening that gives order to the ritual meal— the Roberts's book is a practical guide for interfaith families. Originally composed on a typewriter,

*Our Haggadah* has been the Roberts family's handbook for each Seder and comes from years of adapting their Seders to welcome all who wish to take part in the celebration.

Cokie Roberts is a political commentator for ABC News and a senior news analyst for National Public Radio. She is the author of *We Are Our Mothers' Daughters*, *Ladies of Liberty*, and *Founding Mothers*. Steve Roberts is the author of *From Every End of This Earth and My Fathers' Houses*. He has worked as a journalist for more than forty years and appears as a political analyst on the ABC radio network and National Public Radio. Since 1997 he has been the Shapiro Professor of Media and Public Affairs at George Washington University. Together Cokie and Steve Roberts wrote *From This Day Forward*.



## It's time to get your red on!

Springtime means baseball. Cheer on the Nationals when they play the New York Mets in an evening game **Wednesday, April 27.**

Dinner is "on your own" and there are plenty of choices. Near our seats are Five Guys, Papa John's Pizza, the traditional Nats Dogs, and Grays Grill and Dupont Deli for healthier options. Also in the park are Ben's Chili Bowl, Hard Times Café, and Teddy's BBQ. We've had the same seats several years in a row— under cover and near an elevator. It's an easy walk with very few stairs—perfect for all ages!

In December the Nationals signed right fielder Jayson Werth to a seven-year, \$126 million contract, the richest contract in franchise history. Is Werth worth it? Come see for yourself!

We will leave the Village Center at 5:30 p.m. and return by 10 p.m. The cost of the trip, which includes a discounted ticket in Section 237, transportation, and driver gratuity is \$54. Residents and one guest may sign up immediately; nonresidents may sign up April 7. There are 24 spaces available.

# CHILDREN'S PROGRAMS

## Create an artful gift for mom

Children ages 5 to 12 are invited to an art workshop, led by curator Millie Shott, on **Saturday, April 30, from 10 a.m. to 1 p.m.** at the Village Center. Children will create a mosaic flower pot and a beautiful card—perfect gifts for a mother or grandmother. The cost is \$15 per child. Parents are not required to stay, but children must have completed kindergarten to participate.

Sign up at the Village Center by April 27. This workshop requires a minimum of eight students. For details, call the Center at 301-656-2797.

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## Friendship Heights VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the May issue is April 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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## Children's Art Camp

Treat your child to an exciting week of art when the Village Center presents its summer art camp June 27 to July 1, from 9:30 to 1 p.m. The cost is \$225 per child. The camp is open to children ages 5 - must have completed kindergarten— through age 12. Sign up at the Village Center. For details, call the Center at 301-656-2797.



# ON the GO...

## See Bernadette Peters in *Follies*

Join us for an evening performance of the new Kennedy Center production of one of James Goldman and Stephen Sondheim's greatest works, *Follies*, on **Wednesday, June 1.**

Directed by **Eric Schaeffer** and starring **Bernadette Peters**, *Follies* is the winner of **seven Tony Awards** and includes such songs as "Broadway Baby," "I'm Still Here," "Too Many Mornings," "Could I Leave You?" and "Losing My Mind." The fine cast also includes Linda Lavin, Jan Maxwell, Ron Raines and Florence Lacey (Norma Desmond in Signature's *Sunset Blvd* this past winter).

The story is set at a reunion of former chorus girls



*Continued on page 15*

## Tour a treasure among topiary gardens

The Ladew Topiary Garden in Monkton, Md., was designed by Harvey Smith Ladew who had a passion for horses and hunting, as well as a sense of humor. Join us on **Tuesday, May 10**, when we travel to Harford County to see what has been called by the Garden Club of America "the most outstanding topiary garden in America."

We will begin by exploring the gardens of this spectacular 22-acre estate. Then, we'll lunch in the Ladew Café. You may choose among the following selections for lunch: chicken salad on a croissant, fresh mozza-



*Continued on page 15*

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# International Relations Expert Daniel Serwer on Peacekeeping



How do you build peace in societies emerging from conflict? Daniel Serwer, senior fellow at the Johns Hopkins School of Advanced International Studies, will discuss the situation in Afghanistan, as well as problems faced in Iraq, Palestine, Libya, and

the Balkans, at the Village Center on **Thursday, April 28, at 7:30 p.m.**

Dr. Serwer is a visiting scholar in Conflict Management, as well as a senior fellow at the Center for Transatlantic Relations, at the Johns Hopkins School of Advanced International Studies. Read his blog at [www.peacefare.net](http://www.peacefare.net) and tweet @DanielSerwer.

He was previously Vice President

at the United States Institute of Peace where he worked on preventing interethnic and sectarian conflict in Iraq and facilitated dialogue between Serbs and Albanians in the Balkans. Before that, he was a minister-counselor at the Department of State as director of European and Canadian analysis.

Please sign up for this lecture by calling 301-656-2797.

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## Calling all singers!

Even if you've never sung outside of your shower, if you love music and enjoy singing, come and join others in a brand new adult choral ensemble.

This weekly Wednesday chorale class, led by Lisa Shaw, will meet weekly to sing all kinds of music - classical, Broadway favorites, folk tunes, spirituals, jazz, standards and more. This instructive class is designed for adults 55 and above and will teach basic music reading through choral singing in three and/or four part harmony, proper breathing techniques, and will strengthen and improve voices. No audition is required.

Lisa Shaw is a performer and a teacher of voice, musical theatre, cabaret, and choral music to all ages. As a professional singer of opera, oratorio, musical theatre, and jazz for more than 25 years, she has performed all over the world. Highlights include performances at Lincoln Center in New York City, a European

tour of *Phantom of the Opera* in the role of Christine, as well as performing as a cabaret artist at The Kennedy Center. She teaches voice lessons from her home studio, is a choral conductor, leads cabaret workshops, and has written and directed musical theatre productions at a variety of schools throughout the region, including Levine School of Music, Sidwell Friends, and Holy Trinity School. Come and enjoy a mini-concert performed by Lisa at the first class on April 27.

A public sharing will be presented at the end of the series for friends, family, and members of the community. In the future, other performances may be scheduled throughout the community to include hospitals, local schools, and possibly the Kennedy Center's Millennium Stage. Collaboration with other local choruses is also possible. This may be the next Young at Heart chorus!

The chorale will begin on **April 27, at 2 p.m.** Rehearsals will last between an hour and an hour and a half. The 10-week series will cost \$100; all sheet music is included. If you're still not sure about joining, come and try it the first week. A minimum of 10 registered participants is required to continue. Beginners to seasoned singers are welcome! Read more details on page 11.

## Shred-It

The Shred-It truck returns to the Village Tuesday, April 12, from 5 to 7 p.m. The truck will park on Friendship Boulevard, adjacent to the Village Center. This service is for Village residents only.

## Realtor Sam Solovey's real estate mantra is Live Where Life Happens

For him, this is a commitment to work with clients who share his belief that walkable, close-in neighborhoods provide the best path to more convenience and less hassle in their daily routine.

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

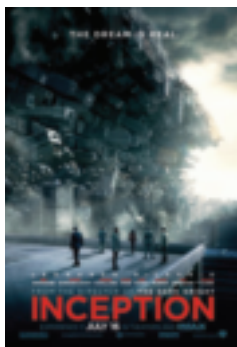
## A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

### Thursday, April 7, 7 p.m.

— **Movie — Inception** — Oscar-nominated for Best Picture, this unnerving sci-fi thriller stars Leonardo DiCaprio as Dom Cobb, who earns a tidy sum infiltrating the dreams of corporate titans to steal their most closely held secrets. Tapped by a rich industrialist for a job involving a rival's heir, Cobb marshals a team of specialists that includes his right-hand man, an architecture student and a chemist. Also stars Ken Watanabe, Joseph Gordon-Levitt and Ellen Page. Rated PG-13. Running Time: 148 minutes.



jealous of their love, fires Julian and forbids Victoria from performing. Julian and Victoria wed, and his career takes off, but she longs for an opportunity to dance. When Boris makes an offer, she faces a heart wrenching choice. Stars Moira Shearer, Marius Goring, and Anton Walbrook. Rated G. Running Time: 135 minutes.

**Thursday, April 28, 7:30 p.m. — No Movie — David Serwer Lecture on Peacekeeping** — see page 4 for details.

**Thursday, April 14, 7:30 p.m. — No Movie — Cokie and Steve Roberts Booksigning** - see page 1 for details.

### Thursday, April 21, 7 p.m.

— **Movie — The Red Shoes** — Fledgling ballerina Victoria falls in love with brilliant composer Julian while they collaborate on a ballet that makes her a star. But overbearing company owner Boris,



## Driver Safety Program

A one-day AARP Driver Safety Program will be offered **Friday, May 6, from 10 a.m. to 3 p.m.** at the Village Center. Graduates of the program may be eligible for a discount on their auto insurance premiums.

The cost is \$12 for AARP members (please bring your membership card to register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be cancelled. Students must bring their driver's license and a ballpoint pen. Barbara Newland will be the instructor. Please register at the Village Center. Maximum number is 25.

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# ART and CULTURE

## Ink Paintings and Calligraphy at Friendship Gallery in April

The CCACC (Chinese Culture and Community Serve Center) Art Club began eight years ago and has grown so large that the members no longer fit in their classroom. Some artists in the group have many years of experience; others have none. The club's first public exhibit, entitled "From the Old Masters to New Inspirations," will take place this month in Friendship Gallery.

The exhibit runs from April 3 to May 1. All are invited to a reception to meet the artists on **Sunday, April 10, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Painting by Diana Wang



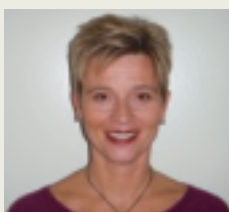
## Survey says...

Thanks to the 53 people who filled out and turned in the survey in the February Village News. All suggestions and comments were read, recorded, and passed along to Village staff and Council. And congratulations to Laurence Barrett who won the gift certificate to Clydes!

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Friendship Heights  
Village Center



Calendar  
of Events

# 2011

A P R I L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>There’s a new bridge club in town</div> <div>Looking for a bridge game? Village resident Nancy White has volunteered to organize a bridge club that will meet Mondays from 1 to 4 p.m. at the Village Center, beginning <b>May 2</b>. Call Nancy at 301-652-4119 and leave your name and phone number. She will try to match people according to playing level. Participants are encouraged to bring partners. Cards will be supplied.</div>					<div>1</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting</div>	<div>2</div> <div>8:15 a.m.: Walking Club</div>
<div>3</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>4</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting <b>7 p.m.: Café Muse</b> 7 p.m.: Yoga</div>	<div>5</div> <div>8:15 a.m.: Walking Club <b>8:30 a.m.: Depart for Richmond</b> 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge</div>	<div>6</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya <b>1 p.m.: Suburban Lecture: The ABC's of Blood Pressure</b> <b>5 – 7 p.m.: Oral Cancer Screenings</b> <b>7:30 p.m.: Concert:Vocal Arts Society</b></div>	<div>7</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie:Inception</b></div>	<div>8</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting</div>	<div>9</div> <div>8:15 a.m.: Walking Club</div>
<div>10</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></div>	<div>11</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting <b>8 P.M.: Friendship Heights Council Meeting</b></div>	<div>12</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 1 p.m.: Balance and Fall Prevention 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge <b>5 to 7 p.m.: Shred-it</b> 7 p.m.: Pilates 7:30 p.m.: Great Courses: Poe’s Legacy</div>	<div>13</div> <div><b>6:30 to 8 p.m.: Community Day</b> </div>	<div>14</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Cokie and Steve Roberts</b></div>	<div>15</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events <b>12 p.m.: Special Lunch</b> <b>1 p.m.: Concert</b> 1 p.m.: Water Color Painting</div>	<div>16</div> <div>8:15 a.m.: Walking Club</div>
<div>17</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>18</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</div>	<div>19</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 1 p.m.: Balance and Fall Prevention 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist</div>	<div>20</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel <b>7:30 p.m.: Tales in the Village with Slash Coleman</b></div>	<div>21</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie:The Red Shoes</b></div>	<div>22</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting</div>	<div>23</div> <div>8:15 a.m.: Walking Club</div>
<div>24</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers </div>	<div>25</div> <div>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</div>	<div>26</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 1 p.m.: Balance and Fall Prevention 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge 7 p.m.: Pilates 7:30 p.m.: Great Courses: Nathaniel Hawthorne</div>	<div>27</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 2 p.m.: Choral Ensemble: concert and class <b>5:30 p.m.: Depart for Nationals Park</b> <b>7:30 p.m.: Concert:Friday Morning Music Club</b></div>	<div>28</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Daniel Serwer on Peacebuilding</b></div>	<div>29</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>30</div> <div>8:15 a.m.: Walking Club <b>10 a.m.- 1p.m.: Children's Art Workshop</b></div>

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

The Village Book Club will meet this month on **Tuesday, April 19, at 11 a.m.** The book selection is *Hotel on the Corner of Bitter and Sweet* by Jamie Ford.







# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

## ART

### BASIC WATER COLOR PAINTING

A 6-week course for all skill levels, taught by Millie Shott, begins May 6. Meets Fridays from 1 to 3 p.m. Covers mixing colors, washes, brush textures, landscape and florals. Students supply brushes, paper and painting board. Supply list available at sign-up. The cost is \$70. Maximum number is 10. Last class is June 10.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins April 20. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is May 25.

## EXERCISE AND FITNESS

### BALANCE AND FALL PREVENTION (THURSDAY)

The 10-week session begins April 14. Meets Thursdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$105 for residents; \$110 for nonresidents. Session ends June 16. Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### BALANCE AND FALL PREVENTION (TUESDAY)

This 10-week class begins April 12. Meets Tuesdays, from 1 to 1:50 p.m. See description above. The cost is \$105 for residents; \$110 for nonresidents. Session ends June 14.

### CHAIR EXERCISE WITH TONYA

This 8-week class begins May 25. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$82 for residents; \$89 for nonresidents. Session ends July 20 (class will not meet June 29).

### MAT PILATES

This class is going back to the mat! The 6-week session begins April 12. Meets Tuesdays from 7 to 8 p.m. Pilates is a total-body conditioning program, which is revitalizing, but not exhausting. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended for pregnant women. Instructor Ginger Russell has taught Pilates for 7 years at the Village Center and is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a

Pilates/Yoga mat and bath towel. Minimum number is 10- class will be cancelled if we do not have minimum by noon on April 12. Sorry- no exceptions. Questions? Email [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com). Session ends May 24 (class will not meet April 19).

### STRENGTH TRAINING WITH CHERYL

This 6-week class begins April 8. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$55 for residents; \$60 for nonresidents. Session ends May 20 (class will not meet April 15).

### STRENGTH TRAINING WITH TONYA

This 8-week class begins May 16. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$82 for residents; \$89 for nonresidents. Session ends July 25 (class will not meet May 30, June 27, and July 4).

### YOGA (DAY)

This 11-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins May 1. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large

towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$132 for residents; \$138 for nonresidents. Class will not meet May 29 or July 3. Session ends July 24. To get a preview of the class, watch "Cherryblossom Yoga with Robin Dinerman," on Cable Channel 16, Wednesdays at 8:30 p.m. and Thursdays at 7 p.m.

### **YOGA (EVENING)**

This 11-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins May 2. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$132 for residents; \$138 for nonresidents. Class will not meet May 30 or July 4. Session ends July 25.

## **MUSIC**

### **ADULT CHORAL ENSEMBLE**

This 10-week series is for all levels—beginners to seasoned singers are welcome. Begins April 27. Meets Wednesdays at 2 p.m. for ninety minutes. Directed by Lisa Shaw, performer and a teacher of voice, musical theatre, cabaret, and choral music. Cost is \$100, which includes all sheet music and a public performance at the end of the series. First class is open to all and will include a mini-concert performed by Lisa. Class will not meet May 18 and June 29. Last class is July 13. More details on page 5.

## **ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES**

### **BLOOD PRESSURE SCREENING/SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 4:30 p.m. The nurse is also available for consultations Tuesdays from 2:30 to 4:30 p.m.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon.

### **GREAT BOOKS DISCUSSION GROUP**

Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

### **SCRABBLE**

Scrabble players meet at the Center Thursdays at 6:15 p.m.

### **TEA**

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take

turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter.

### **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, friend, or family member over age 13.

### **VISION SUPPORT LUNCH AND LEARN**

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

## **You are cordially invited...**

Join us for lunch and a concert on **Friday, April 15**, when Chef Nikki Haddad will prepare a delicious meal for us and Eric Abrahamson will present a special program of Ragtime and Tin Pan Alley.

Ms. Haddad, who owns a business called The Little Chef and teaches cooking classes, is known for preparing fresh, healthy cuisine. Our menu will be shrimp or chicken breast (please choose at sign-up) with fresh greens, couscous, tomatoes, and cucumbers with braised green beans and rolls. Dessert will be cheesecake.

Lunch begins at **12 p.m.** The cost is \$10. The **absolute deadline** to reserve your lunch is Friday, April 8.

Eric Abrahamson is the music director for Knott's Berry Farm and Cedar Fair Parks in California and a frequent entertainer on Main Street in Disneyland. He is also a composer of television soundtracks, and has written for over 20 shows. This rousing concert, featuring Ragtime and Tin Pan Alley hits from the golden age of songwriting, begins at **1 p.m.**



# CONCERTS

Performances will be held each Wednesday from 7:30 to 8:30 p.m. in Huntley Hall of the Village Center. The third Wednesday of each month will feature storytelling.

**Wednesday, April 6 — Vocal Arts Society—** Vocal Arts DC is proud to present the 2011 Discovery Series singers at The Friendship Heights Village Center. Sopranos Laura Strickland and Melissa Wimbish accompanied by Timothy McReynolds will present a varied program of songs from Debussy to Previn, from Rossini to Copland, from the music of Schubert and Wolf to the 20th century offerings of Musto and Leiter. The repertoire will be tied together with engaging commentary by renowned voice teacher Elizabeth Daniels. Vocal Arts DC is known for presenting the stars of tomorrow and this performance is no exception!

**Wednesday, April 13 — No Concert — Community Day** — see page 1 for details.

**Wednesday, April 20 — Tales in the Village with Slash Coleman** — see story to the right.

**Wednesday, April 27 — Friday Morning Music Club** — A talented group of student and professional performers present a program of classical music.



## Storyteller Slash Coleman comes to the Center

*Tales in the Village* welcomes Slash Coleman to the Village Center for an evening of storytelling NPR calls

“extremely provocative and entertaining” on **Wednesday, April 20, from 7:30 to 8:30 p.m.**

Descended from a grandfather who was a dancer at the Moulin Rouge, a grandmother who was a painter, and a father who is a prolific sculptor, Slash draws much of his material from being raised by an offbeat, creative family. Often addressing the outright humor of being raised Jewish in the south by family of immigrants, his stories also speak of the profound cultural challenges he’s experienced and the inspiration he continues to draw from his own mother who is a Holocaust survivor. With a personal history steeped in a duality of skepticism and faith, discouragement and hope he has been a welcome addition to the storytelling world.

Best known for his PBS special and Off-Broadway one man show, *The Neon Man and Me*, he has also been featured as at the 2010 National Storytelling Conference, 2009 National Storytelling Festival, Stone Soup Storytelling Festival and the 2008 Oral History Performance Conference at Columbia University. Slash currently lives in his hometown of Richmond, Virginia where he continues to write and develop material for the stage, film and TV.



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# TO YOUR HEALTH

## Oral cancer screenings

Dr. Flavio Rasetto, Friendship Heights dentist and prosthodontist, will administer free oral cancer screenings at the Village Center, on **Wednesday, April 6, from 5 to 7 p.m.**

The American Cancer Society recommends a comprehensive oral exam annually. Oral cancer can develop in any part of the mouth, including on the lips, cheeks, floor or roof of the mouth, tongue, sinuses and throat. One-third of oral cancer now occurs in patients younger than 55. Early detection offers the best chance of survival. Being screened by a doctor or dentist annually is very important.

Ten-minute screenings will be held in the Center's health room. Call 301-656-2797 to make an appointment. A maximum of 12 can be screened.

## Vision Support Group: Service animals are working animals – not pets!

Service animals provide safety, independence and mobility to people with partial sight and other disabilities. These animals are trained to perform tasks – such as pulling wheelchairs, alerting people who are hearing impaired or deaf, alerting and protecting a person having a seizure, and, guiding people who are blind or have partial sight. Bring a bag lunch to the Village Center on **Tuesday, April 19, at 12:30 p.m.** and discuss this important topic with a volunteer from Fidos for Freedom.

Peanut butter, jelly, and bread will be supplied if you don't have

time to fix a lunch. Dessert and beverage are provided. For those observing Passover, Matzo will be available.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register. Remember you don't have to have poor sight to participate.

## The ABC's of Blood Pressure

Suburban Hospital's HeartWell nurse, Leni Barry, will discuss preventing and managing high blood pressure at this month's Suburban Health Lecture at the Village Center on **Wednesday, April 6, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

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## Cafe Muse presents...

This month's Café Muse, on **Monday, April 4, at 7 p.m.**, presents Grace Cavalieri's *The Poet's Cookbook: Recipes from Germany* including Karren Alenier, Tina Daub, Nan Fry, Patricia Gray, Katherine Williams with tribute to Robert Sargent.

**Grace Cavalieri** is the author of numerous books of poems including *Millie's Sunshine Tiki Villas*, and plays including *Anna Nicole: Blonde Ambition*. *The Poet's Cookbook: Recipes from Germany* is a result of collaboration with chef-poet Sabine Pascarelli.

**Karren LaLonde Alenier** is the author of five collections of poetry, including *Looking for Divine Transportation*. *Gertrude Stein Invents a Jump Early On*, her jazz opera with composer William Banfield and Nancy Rhodes premiered in New York City in June 2005. **Tina Daub's** recent work

is included in the anthologies, *Full Moon on K Street*, and *180 More: Extraordinary Poems for Every Day*, and *The Par- adelle*. **Nan Fry** is the author of two collections of poetry, *Relearning the Dark* and *Say What I Am Called*, a chapbook of translations. **Patricia Gray** is the author of *Rupture*. Ms. Gray created and directs the Poetry at Noon program at the Library of Congress. She recently retired as head of the Library's Poetry and Literature Center. **Katherine Williams** is the author of *Portrait of the Artist as Poet*.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).

*Paid Advertisement*



Let's celebrate World Health Day by preventing cavities.

Dental cavities are still a major oral health problem in most industrialized countries, affecting 60 to 90% of school

children. 92% of adults 20 to 64 years have had a cavity in a permanent tooth. We expect a high number of cavities in adults 65 and up since this group will almost double by 2030. A dental cavity or caries is a disease that involves chemical dissolution of hard tissue of the tooth due to acids produced by plaque and bacteria that covers the affected areas. A dental cavities or caries management program should include: 1) Dietary analysis and advice, research has shown that when intake of free sugar is less than 15kg per person per year level of dental cavities is low. 2) Oral hygiene instruction, such as the use of toothbrush and floss every day. 3) Placement of sealants. 4) Use of fluoride therapy, mouthwash and varnish therapy twice a year at dental office. 5) Xylitol chewing gum, xylitol is a sugar alcohol that lower levels of bacteria that produces cavities. 6) Use of an at home antimicrobial agent, such as clorhexidine mouthwash. Times are changing and more than fillings are needed to end this disease. Schedule your dental appointment now.

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**Follies, continued from page 3**

and focuses on two couples and their memories of singing and dancing in the lively vaudevillian days between the two World Wars.

We will leave the Center at 6:30 p.m. and return by 11 p.m. The cost of the trip, which includes an Orchestra ticket (discounted 10%), transportation, and all gratuities is \$115. The **deadline to register is April 28**. Residents and one guest may sign up immediately; nonresidents may sign up April 7. There are 24 spaces available.



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**Topiary Gardens, continued from page 3**

rella, tomatoes and basil on foccacia, turkey breast with provolone cheese and cranberry mayonnaise on a croissant, or a harvest salad with salad greens, mandarin oranges, and walnuts served with a raspberry vinaigrette. Please choose menu selections at sign-up. Afterward, we'll enjoy a guided tour of the Ladew House, which is filled with antiques and paintings, whimsical touches and imaginative creations. The Oval Library is included in the book "100 Most Beautiful Rooms in America."

The garden, divided into 15 different areas, will be in bloom with spring flowers. But the main attractions are the topiaries. A hunting scene includes a horse, rider, fox, and hounds, which are all clipped yews. A topiary camel is a reminder of a friend of Mr. Ladew, Lawrence of Arabia. You'll also see a giraffe, goat, swan, reindeer, rabbit, unicorn and dogs.

We will leave Friendship Heights Village Center at 9 a.m. and return home at 4:30 p.m. The cost is \$59, which includes lunch, admission to the gardens, guided tour of the house, transportation and all gratuities. Sign-ups for residents and one guest begin immediately; for nonresidents April 8. There are 30 spaces available.

**This trip involves walking on natural grass and mulched areas. The house tour involves a set of stairs.**

# Swing into Spring!

## with American Songbook

Put your dancing shoes on and get ready to Swing into Spring! Luscious, cool daiquiris and other light refreshments will be served.

While you're here, meet our team, tour our community and find out what we do to make it a place seniors are proud to call home. Since 1981, Sunrise Senior Living has been committed to providing seniors, families and caregivers with innovative senior living and care options.

**Thursday**  
**April 7, 2011**  
**7:00 pm to 8:00 pm**



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# Village Council Corner

## Council Approves FY 2012 Village Budget

Following the second and final public hearing on the FY 2012 Village Budget on March 14, the Council unanimously approved the budget and tax rate. **The tax rate will remain at 4 cents per \$100 assessed property value, maintaining the lowest rate allowed under our charter for the sixth year in a row.**

As described in our 2010 Annual Report, for FY 2012 a deficit is anticipated again, but the deficits over the past three years are still well below the surplus generated in FY 2009. Our strong financial condition, combined with careful financial management, will allow us to continue to offer our wonderful array of services next fiscal

year at the same low tax rate. The Council still will need to be mindful of overall economic conditions and how they will affect the Village. The budget is summarized below:

<b>TOTAL REVENUES</b>	<b>\$1,858,000</b>
<b>EXPENDITURES</b>	
General Government	1,096,900
Public Safety	103,400
Public Works	514,000
Health/Education/Social	17,000
Recreation and Parks	229,000
<b>TOTAL OPERATING EXPEND.</b>	<b>\$1,960,300</b>
Surplus/(Deficit)	(\$102,300)
<b>TOTAL EXPENDITURES</b>	<b>\$1,858,000</b>

FORM 502 MARYLAND TAX RETURN  
OR FISCAL YEAR BEGINNING 1999, ENDING  
RESIDENT  
Your first name, middle initial, last name  
Spouse's first name, middle initial, last name  
Present address (No. and street), City or town, State, Zip code  
Name of county and incorporated city, town or special taxing area in which you were a resident on the last day of the taxable period (See instruction 6)  
YOUR FILING STATUS—See instruction 1 to determine if you are required to file.  
1. ☐ Single  
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Other Council actions at the March 14 meeting:

- Appointed judges for May 9 Village Council election.
- Approved support for extending approval of Geico development.



Friendship Heights  
VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

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**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**April 2011 events calendar**